

Useful Hints

Woman and Home

Ethical Talks

Who Pays?

Story No. 5  
Unto Herself Alone  
By EDWIN BLISS

(Copyright, 1915, by Edwin Bliss. All rights reserved. Published by the Richmond Times-Dispatch, Inc. Each Saturday.)

(Continued From Yesterday)

She felt the soul of her going out to this man, who seemed, by his very voice, to set ascribing every chord in her being. She swayed slightly toward him. Then her hand reached up in half surrender. It was no use fighting. She loved him. She loved—

She shrank away even as she turned. The light that had flamed high in her eyes died even as she turned them upon him. For, in the turning, her eyes had encountered the hard, expressionless ones of Alicia Knight, staring impassively at the scene from beyond the shrubbery.

Lynn followed the direction of her eyes and met those of Alicia Knight—those eyes which would always come in between life and the fruition of his happiness, an ever-present shadow so dense and thick as to form an impenetrable barrier.

Either shrink as he would have renewed his plea, for he was fighting for his very life now. He turned helplessly away. He did not seem to mind the eyes that followed him as he entered his car and ordered the chauffeur to go toward the landing stage where his yacht was anchored. He did not care any more. Some great change was going on within him, some change he could not analyze. He was still, listless. He did not care. He only wished to be away—away from the woman who haunted him with those eyes of accusation.

He found his cabin, curtly directing the astonished captain to put out immediately to sea. When the skipper would have questioned him found him talking to the night air. He shook his head wonderingly, but went about his work, still pondering the change that had come over the owner.

It was only a scant two hours later that he was hailed by a little, puffing tug that had been trying to overhaul them the half hour gone. At the top of the landing stage he waited for the passenger the tug captain had told him wished to board.

His eyes grew round with wonder as Alicia Knight moved past him, up the stairs, across the deck and toward the cabin. Yet a different Alicia Knight than the girl who had so anxiously questioned it over the entire christening party, a different Alicia Knight from the laughing girl who had come to the yacht another evening.

He had heard something of the scandal, and had wondered whether it had anything to do with Lynn's altered manner. But it was not until he saw her, then, that he wondered whether he should not detain the girl who moved so slowly, so remorselessly across the deck toward the cabin stairs. He started forward to detain her when the owner came heavily, wearily up the stairs. His listless, dull gaze fell upon the girl, and then he staggered back as from a heavy blow in the face.

Captain Judd moved away, some impulse drawing him out of range of the sight. For a long time the eyes of the pair held, then the musically bitter cry of Felix Lynn sounded resonantly, appealingly over the water.

"For God's sake, won't you end this torture? Always those eyes, and never a word! Marry me—be my wife! But end this torment—this hell on earth you have created for me!"

Something in the voice halted the captain. He could give what he wanted. But there was a human note in it, a threat of some great change, a hint of endurance stretched to the snapping point. He waited for an answer, but no answer came.

"Marry me, Alicia. I owe it to you. Marry me and—"

Captain Judd turned the corner of the wheelhouse barely in time to see the silent figure of the woman. Then he caught the slow, deliberate negative shake of her head. For a moment something in the attitude of Lynn held him. Then he sprang forward, as with a wild curse, Felix Lynn snatched a deck chair and darted upon the woman. She leaped aside behind another chair, and the one in Felix Lynn's flailing hands smashed down upon it with such a force it was torn from his grip. He seized another, that same insane series of cries racking his throat, and leaped upon her, closer—closer even as her shrieks of terror brought the crew on the run.

Captain Judd leaped at the madman, circling him with arms and legs, finding himself being tossed about by the man's mantled strength like a piece of driftwood. Others joined him, and, under a table of legs and arms and bodies, Felix Lynn was borne to the deck.

And Alicia Knight, trembling like a runaway horse, stood close—she watched her eyes luminous now, her face twitching in sympathy at every sound of the madman—the man she had driven to this pass.

"There's a private sanatorium on—"

She did not hear any more. She only knew that her whole heart was going out to the man they held so tightly, the man whose eyes blazed so fiercely when they rested upon her, the man who redoubled his struggles so long as she was near.

Dream Figures

By ILLIAN RUSSELL

If the average man dreams of that old sweetheart of mine, I cannot imagine him picturing her in a sailor kimono, her hair unkempt, pouring coffee at the breakfast table. Nor will there appear in his day dreams an untidy and slovenly figure extending a lowly and a sprightly greeting as he enters his home in the evening. Even those men who lack esthetic natures attempt to forget such sights.

Women who are fortunate enough to figure in such sweet conceptions as the average man would dream about are the ones who are just as particular about their appearance when expecting to see only members of their families as when they anticipate meeting strangers or mere acquaintances.

These women are the ones who make

A JAUNTY JACKET

Of Blue Taffeta.



Some chic little jackets of taffeta or faille are being worn with afternoon frocks of silk and wash materials and are sleeveless apologies for coats, but they give "something different" to the summer wardrobe. The smartest designs have high collars across the back of the neck. However, this one has a high collar front and back, is of blue taffeta and worn over a one-piece dotted foulard.

An indelible impression upon the memory of the family circle. In the dream of those who are nearest and dearest to them they are elevated to poetic heights. Nobody attempts to forget them, but all love to remember and dwell upon their beauty. It is not necessary to make excuses for them, for they arouse pride, instead of pity or sympathy.

There is a painful comparison between such women and the poor ignorant creatures who are indifferent to

NEW SPORT HAT

Straw Sailor.



Of dark straw, is a sailor shape, trimmed with a leather band.

their personal appearance when only the family circle sees them. These neglected women are careless in dealing with the strongest bonds of love and affection, while many of them place a high value upon the impression they make upon strangers.

When the husband leaves a frowny frown, pulling over his coffee at the breakfast table he does not take a pretty picture away with him to his work. And when he anticipates a greeting from the same sort of woman upon his return, the home soon has little magnetic influence over him.

There is such a striking contrast between these two classes of women that it is hard to understand how any remain in the group of women who are indifferent to their appearance or respect for themselves. It is plain such a low value upon the affection of those closest to them, that they reserve all their charms for strangers.

It is not necessary to wear a costly gown to make a presentable appear-

ance. Annette—You are much too young to have deep wrinkles under your eyes. Patting your face each night with skin food will not make it flabby and wrinkled. It will greatly benefit it if properly massaged. It is not necessary to have your face massaged by an expert, for you can learn to massage it correctly yourself. I do not know exactly what you mean by your complexion being poor. There is nothing that will clear the complexion like keeping yourself in good health. You can only do this by being careful of your diet and getting all the exercise you can in the open air. If the green soap is too strong for your skin I should use the pure castile. I shall be glad to send you my formula for skin food and instructions for facial massage if you will send me a stamped, addressed envelope.

M. S.—The average weight for a girl of your age is 120 pounds. If your weight is 125 pounds, it is centered in your hips. The rolling method is best for reducing. The Epsom salts paste is used externally for reducing flesh, but it should not be used on your face. This is an excellent exercise for reducing the legs: Lie flat on your back on the bed or on the floor, with your hands on your hips. Draw up your knees as far as you can, then kick forward with good vigorous kick. Repeat this about ten times to start, increasing as the muscles become more supple. I shall be glad to mail you the formula for Epsom salts paste and instructions for the rolling method if you will send me a stamped, addressed envelope.

Dr. Brady's Health Talks  
The Passing of Simple Bitters.

One of the favorite prescriptions we inherit from our eighteenth century forefathers is the "bitter tonic" for the appetite and digestion. Convalescents, near-invalids, those with alleged stomach complaint, have swallowed numberless gallons of simple "stomachic bitters" without ill effect, if not without benefit. The average patient doubts he is getting a tonic if it isn't good and bitter. But the greatest abuse of the bitter tonic habit has been the prescribing of such remedies for persons who eat too much and exercise too little and have stomach complaint.

Gentian, cardamom, quassia, columba and the famous elixir of iron, quinine and strychnine are the most popular of the bitters. There is a firmly grounded idea that these remedies increase the secretion of gastric juice, increase the appetite and improve assimilation of food. Some of them probably do increase peristaltic movement and so improve digestion in certain cases where food stasis or lack of motility in the gastro-intestinal canal causes trouble. But scientific investigation proves that the "bitters" do not appreciably improve the digestive activity of the stomach; they do not increase the secretion of gastric juices, as had been supposed.

Outside of the strychnine, and sometimes other objectionable ingredients, such "bitter tonics" at least do no particular harm, if one likes to "take something" for every little symptom. The only objection is that the habit of taking "tonics" whatever that word may mean—for all sorts of functional and organic trouble is simply contributing to the national sin of "taking something" instead of "doing something." Drugs are a great blessing in times of actual need and a great curse at other times.

After all, "stomach trouble" and indigestion can rarely, if ever, be noticeably benefited by medicines alone. The "bitters" are, we fancy, prominent members of the kind of physic one great poet would have thrown to the dogs, and another to the bottom of the sea.

Questions and Answers.  
Apples—Are they good to eat after meals or between meals? I eat a great many.  
Reply—Yes.

Cracking Knees—I am troubled with my knees cracking when I go down stairs. What can I do? Is it old age coming on? I am only forty-five.  
Reply—Not old age. Perhaps the ef-

fect of past inflammation or injury of the knees. Do nothing.

Nurse's Tuition—Please inform me what tuition a nurse must pay while she is in training.  
Reply—Nothing. Usually the hospital allows her from \$5 to \$15 per month to cover her expenses.

Laxative for Mother—Please suggest a laxative which a nursing mother can take without upsetting the baby. Does fatigue affect the baby through the milk? I thank you for your articles about the keeping of children after school.

Reply—Pure petroleum oil ("Russian" oil, liquid vaseline, alboline, etc.) is one good one. The old standard is compound licorice powder, but the senna in it does affect the baby's bowels. Phenolphthalein in tablets or wafers containing one grain, flavored with cocoa, chocolate, sugar or wintergreen, is good. Fatigue of the mother is passed through the milk to the baby; fatigue is due to poisons from functional activity.

A Young Man With Chronic Rhinitis—I am seventeen and I think there is something the matter with my throat—it feels dry and like something were in there. I spit slimy fluid, and sometimes my nose is plugged up. Will—Kilney Pills help me?

Reply—You probably have a chronic nasal catarrh, simple chronic rhinitis, for which you should have local treatment of the nose and throat by the doctor. The pills will not help you.

ELON COLLEGE'S PROGRAM FOR COMMENCEMENT WEEK

[Special to The Times-Dispatch.]  
ELON COLLEGE, May 19.—Class day exercises at 2 o'clock Saturday will mark the beginning of Elon's twenty-fifth commencement. The year just closing has been marked by the largest enrollment yet attained, exceeding the four hundred limit. "From now on attention will be given to internal development rather than to increase of numbers," seems to be the prevailing sentiment in official circles. The belief in the efficient, small college, definitely Christian, is the chief article in Elon's educational creed.

On Saturday evening the society representatives, two from each society will speak for the representative's medal.

On Sunday morning President F. G. Coffin, of Albany, N. Y., of the American Christian Convention, will give the baccalaureate sermon, and in the evening President Harper, of the college, will deliver his address to the graduating class. Monday will be given over to the society reunions and the annual concert of the musical department.

Tuesday will be commencement day.

S. Ullman's Son

1820-22 E. Marshall St.  
506

ADISON  
3115  
34  
316  
7797

Pocahontas Corn  
Square Milk  
Large Red Salmon  
Qts. Strawberries  
Campbell's Beans or  
Soups  
Monogram Tomatoes  
Washington Crisps

25c

In the morning will be the graduating exercises, to be followed by the literary address by President Fairfax Harrison, of the Southern Railway, who has announced his subject as "The Choice of Hercules."

OUTBURST OF PATRIOTISM AT MEMORIAL EXERCISES

[Special to The Times-Dispatch.]

NORFOLK, VA., May 20.—Prolonged cheering from volunteer infantry and artillery organizations and the crowds attending Memorial Day exercises here this afternoon greeted the statement made by W. H. Venable, orator of the day, when he said:

"If it shall come to pass that Virginia's great son, who now sits in the White House and holds the honor and destiny of this nation in his strong grasp, shall call for men to go across the seas to defend America's honor, he will find the sons of these veterans among the first to answer the call."

Mr. Venable thus closed a stirring address on the valor of the men who fought and died under the flag of the Confederacy. Detachments from the naval training station, the marine barracks, the Norfolk Light Artillery, the Fourth Virginia Infantry, Blues, the Fourth Virginia Infantry, police and fire departments took in the parade preceding the memorial exercises at Elmwood Cemetery under the auspices of Pickett-Buchanan Camp of Confederate Veterans.



Resinol

will make your sick skin well

That itching, burning skin can be healed! The first use of Resinol Ointment seldom fails to give instant relief. With the help of Resinol Soap, this soothing, healing ointment usually clears away all trace of eczema, ringworm, rash or similar tormenting, sleep-preventing skin-diseases quickly and at little cost. Physicians have prescribed Resinol Ointment regularly for 20 years, so you need not hesitate to use it freely. Sold by all druggists.

Wood's Seeds.

Cow Peas and Soja Beans

sown together make one of the largest yielding, most nutritious and best of summer forage crops. The Soja Beans help to hold up the Cow Peas, enabling them to be cut and harvested to better advantage, at the same time, owing to their oil and fat producing qualities, adding considerably to their feeding value.

In addition to producing the crop of forage, this crop improves the condition and productivity of the soil.

Write for WOOD'S CROP SPECIAL, giving information and prices of Cow Peas, Soja Beans, Sorghums, Millet, Sudan Grass.

T. W. WOOD & SONS, SEEDSMEN, - Richmond, Va.

Take advantage of our convenient easy-payment plan.

BUY YOUR Furniture Rugs, Stoves

From the house that saves you money.

The House of Quality

Better Goods for Less.

ROUNTREE-CHERRY Corp.

111-113-115 W. Broad Street.

Romantic Climax of Civil War After Appomattox

An Unwritten Leaf of History Now Published for First Time. Shelby's picturesque expedition of Confederate Veterans into heart of Mexico to fight for empire and ill-fated Maximilian. Why it failed. Heart-stirring incidents in final march of men who had fought for Stars and Bars. Written for The Times-Dispatch from notes and reminiscences of the late Col. John C. Moore, chief of Shelby's staff.

The Sunday Times-Dispatch Will Also Contain These Thrilling Features

POLYGAMY TO RELIEVE THE SURPLUS OF WOMEN AFTER THE WAR.—The embarrassing problem of the widows and old maids and its extraordinary suggested remedy by the favorite wife (formerly the famous Spanish beauty, Senorita Delgado) of the Maharajah of Kapurthala, who has four wives and numerous concubines.

"WHAT I DID WHEN I WAS A SPY"—By Lieut-General Sir Robert Baden Powell. The world-famous founder of the Boy Scouts tells of his perilous adventures in the English secret service, and the extraordinary methods by which he sent information concerning other nations' fortresses and other defenses to his own country.

PRINCE PIGNATELLI WINS AN HEIRESS AT LAST.—Counted the greatest heiress in America and some others, shot himself, held up at Ellis Island as an undesirable immigrant, and now elopes with the not too wealthy Miss Waters.

SOME VERY ASTONISHING HUSBANDS.—Domestic episodes funnier, stranger, more ingeniously cruel and heart-breaking than anything in drama or fiction, as shown in the records of several recent matrimonial tragedies.

WHAT MAKES BAD BOYS BAD?—Important experiments in child psychology by the distinguished Dr. William Healy, which may tell you just what's wrong with your boy, and how to make him good again.

WAR'S HORRORS AS SEEN BY OUR YOUNG SCULPTORS.—No "patriotism," no "honor" or "glory," only death, misery and ruin in the "war" conceptions of 123 exhibitors.

THE HEROIC CREW OF THE MINE SWEEPING TRAWLERS.—Simple fishermen, risking their lives without hope of glory, who keep the seas open and comparatively safe for the allied commerce and fleets.

THE NEW SUMMER FIGURE.—Lady Duff-Gordon, the famous Lucile, of London, and foremost creator of fashion in the world, describes it and illustrates her description with photographs of some of her newest and most charming gowns.

SPORTING SECTION BRIMFUL OF LIVE, ACCURATE NEWS OF LATEST HAPPENINGS IN THE SPORTING WORLD, INCLUDING BOX SCORES OF ALL THE BIG LEAGUES.

The Katzenjammer Kids, Happy Hooligan, Their Only Child and Jimmy; a Society Section covering city and State; the best Industrial Features; the T. D. C. for little folk; a page of Dramatic News, with full illustrations for the theater lovers, Church and Real Estate News, with the best War, General, State and Local News Service ever offered to the people of Virginia.

Remember to Get The Richmond Times-Dispatch Sunday, May 23rd.

Order From Your Dealer at Once

"How can I be sure to get the best value in Corn Flakes?"

By insisting on Washington CRISPS. They meet the test of flavor—of crispiness—of economy. Test CRISPS today—with milk or cream, sweetened to your taste. Another thing—

Washington CRISPS

The Crispy Toasted Corn Flakes are not artificially treated—their delicious, appetizing flavor is the natural flavor of corn, flaked very thin and toasted brown.



10 cents at your grocer's for the bigger box

"The most cheering and refreshing of all drinks is Tea—good tea"

50c., 60c., 70c. and \$1.00 per pound

SAFE TEA FIRST

Ridgways Tea

WHOLESALE DISTRIBUTORS, ALL WHOLESALE GROCERS.